

## Further Information

Raising Children with Confidence is taking place in schools and community settings. Ask your child's Headteacher if there is a course happening in their school. If not please contact [admin@growingconfidence.org](mailto:admin@growingconfidence.org) or visit [www.growingconfidence.org](http://www.growingconfidence.org) to find out about courses in your area.

For further information on parenting and/or positive mental health please contact:

Mental Health Foundation: [www.mentalhealth.org](http://www.mentalhealth.org)

Parenting Across Scotland: [www.parentingacrossscotland.org](http://www.parentingacrossscotland.org)

ParentLine Scotland on 0808 800 2222

YoungMinds Parents' Helpline on 0808 802 5544

The City of Edinburgh Council parents and carers website:  
[www.edinburgh.gov.uk/supportingparentsandcarers](http://www.edinburgh.gov.uk/supportingparentsandcarers)

# Raising Children with Confidence

Promoting Emotional Health & Well-being

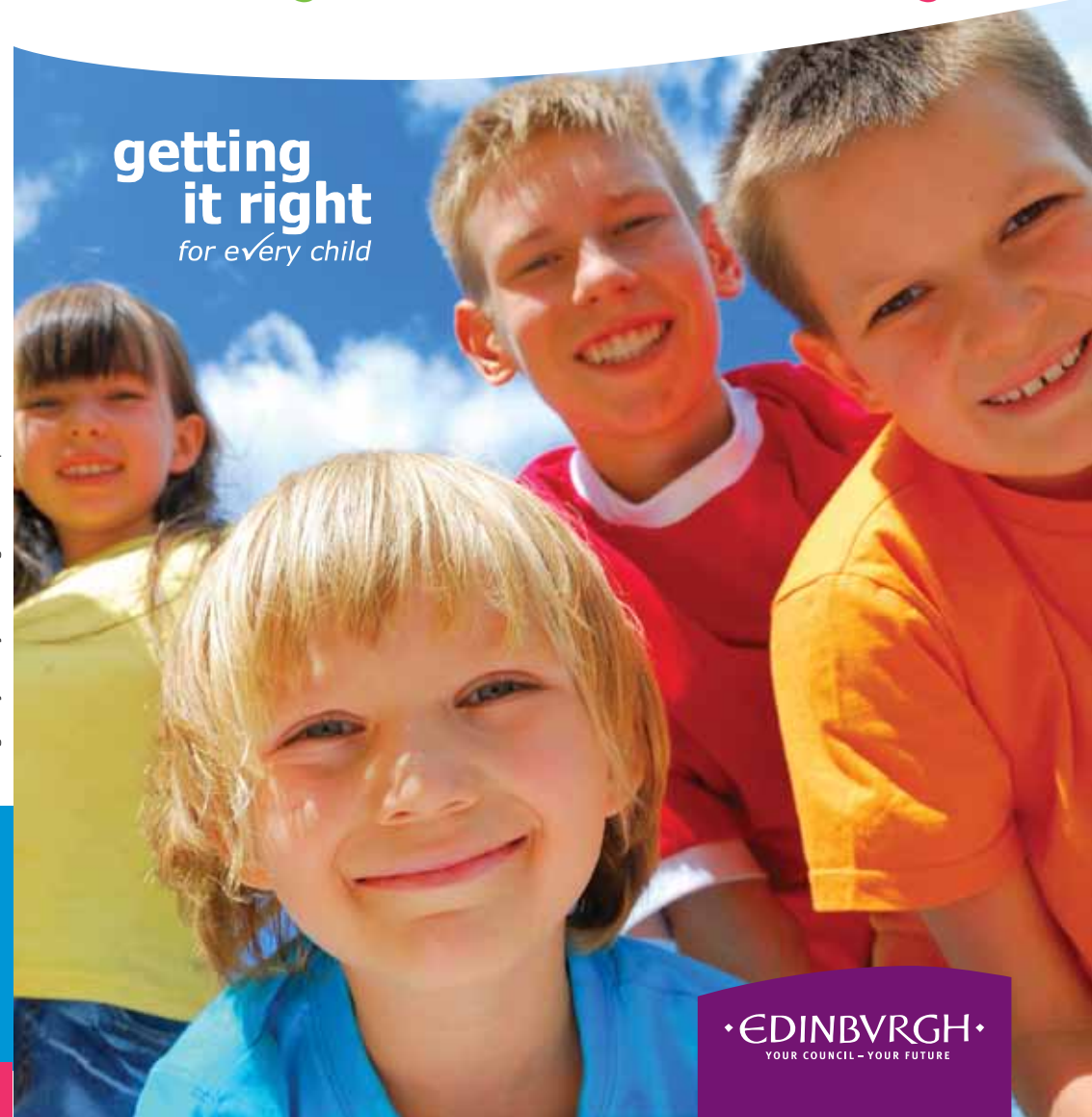
getting  
it right  
*for every child*

Designed by the City of Edinburgh Council Corporate Services 13.074/SFC/GD/March 2013



HAPPY TO TRANSLATE

You can get this document on tape, in Braille, large print and various computer formats if you ask us. Please contact the Interpretation and Translation Service (ITS) on 0131 242 8181 and quote reference number 12-1189. The ITS can also give information on community language translations.



## Information for parents and carers

We all want our children to grow up happy, confident, secure and able to cope with life's challenges. Some children manage this better than others. Ever wondered why this is? Then the Raising Children with Confidence course is for you! Raising Children with Confidence is open to all parents and carers who are interested in supporting the promotion of positive mental health and emotional well-being in themselves and their children.

### What is emotional well-being?

Leading children's charity, Action For Children, describe emotional well-being as the ability to:

- be self aware
- manage feelings and behaviours
- relate and empathise with others
- develop strong relationships
- cope in times of stress and adversity.

### Why is it important?

Research shows that our mental health and wellbeing impacts on all aspects of our lives. Caring relationships, positive role models, and being involved in family, school and community life are fundamental to our sense of emotional health and mental well-being.

"I think every parent would benefit from a course of this nature as it is helpful to take a step outside our day to day lives and look at better ways to communicate with our children and to empower them with the skills necessary to thrive in today's world."

"I feel more supported and confident now. It has given me strategies that work and much more empathy and understanding. I don't feel isolated and alone. I realise that other parents need support too."

"Looking after my own well-being has helped me cope with all aspects of my family life."

## What is Raising Children with Confidence?

RCWC is an affirming course which pulls together many of the latest findings and evidence from research to explain what influences children's emotional well-being and why what you do makes such a difference. It recognises the uniqueness of every family and brings you together with other parents and carers to reflect upon your experiences of family life.

## Who is it for?

All parents and carers of children aged 0-11years.

## What will I learn in Raising Children with Confidence?

Over seven sessions the course covers the following topics:

### 1. Introduction to emotional health & well-being

This first session introduces the big picture with regards to emotional health and well-being and what will be covered in the six following sessions.

### 2. Why do kids do that?

Explores some of the research into child brain development.

### 3. What's love got to do with it?

An introduction to attachment theory and how relationships in early life can have an impact on emotional well-being longer term.

### 4. Cotton-wool kids?

What is meant by resilience and what can you do to support your children to manage life's up and downs.

### 5. Staying connected?

What is empathy and how can you support children to develop empathy through effective communication and role modelling.

### 6. What makes us, us?

How your childhood experiences can shape your behaviour as an adult, the importance of looking after your own emotional well-being and how to do that effectively.

### 7. 21st century childhood

Explores media influences on children and reviews the main ingredients to developing resilient, emotionally healthy children.

